

State of Rhode Island Rewards for Wellness

Physical Activity Paper Tracker



If you **do not have computer access** to participate in the Physical Activity Challenge online, you may use this paper calendar log to track your daily steps or exercise minutes from March 31, 2014 to May 4, 2014. All employees are eligible to participate in the Challenge, but only employees who are paying the State employee medical co-shares that are posted at www.employeebenefits.ri.gov are eligible to receive incentives for co-share credit.

Please Note: Thirty minutes of moderate physical activity on most days of the week is recommended by the Centers for Disease Control (CDC). **Be sure to check with your physician for medical clearance before starting any exercise program.**

INSTRUCTIONS: You must record your number of steps **OR** your exercise minutes. You cannot switch from one method of tracking to the other i.e. if you begin tracking steps, then you must continue to track steps throughout the challenge. Record your steps **OR** minutes **every day** on the tracker below.

Name: (Please print)	Contact Phone Number:	Date of Birth:
UnitedHealthcare Subscriber/Member ID Number:	Method of Tracking Physical Activity: (check only one) <input type="checkbox"/> number of steps <input type="checkbox"/> exercise minutes	

Day	Week 1 3/31 – 4/6	Week 2 4/7 – 4/13	Week 3 4/14 – 4/20	Week 4 4/21 – 4/27	Week 5 4/28 – 5/4
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Totals					

Mail completed form to:

Linda McCormick, UnitedHealthcare
475 Kilvert Street, Warwick, RI 02886



Or fax completed form to:

UnitedHealthcare at 401-732-7211

Trackers must be faxed or postmarked by May 14, 2014 to qualify for the \$100 co-share credit.



Any trackers submitted before May 4th **will not be eligible** for incentive credit, as this was prior to the program completion date.

Please keep a copy of the fax confirmation for your records.